

# U.S. Consulate General Dubai Newsletter

JUNE 2014



## American Citizen Services Dubai Newsletter

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## Ramadan Schedule

The American Citizen Services section will work reduced hours during Ramadan:

12:30-2:30 Sun, Tues, Wed, Thurs

this includes hours for pick-up services

The exact dates of Ramadan will be announced by the UAE Government.



## DOs and DON'Ts of Ramadan

- **Don't** dance, sing or be intoxicated in public at any time. Most major nightclubs will close for Ramadan. Bars and pubs will generally remain open but will only serve alcohol after dark. Similarly, liquor stores will only sell after dark. There is also no live music and nothing above quiet background music in bars and pubs.
- **Don't** play loud music at any time in your car, on the beach or even at home. You can play music; just make sure it can't be heard outside your car or home and use headphones on the beach.
- **Don't** wear revealing or tight fitting clothes in public, modesty is key during Ramadan. This includes when you are heading for a night out.
- **Don't** smoke, drink, chew gum, or eat in public during the hours of sunrise to sunset. This includes while you are driving as well as public places such as malls, cinemas or offices.
- **Don't** swear in public. Blasphemy is frowned upon at the best of times, but during the Holy Month of Ramadan it's particularly offensive.
- **Do** say "Ramadan Kareem" to your Muslim friends and colleagues.
- **Do** smoke, drink and eat in the privacy of your home, hotel room or office. If you work in a shared or open office simply designate a room where the door can be closed. The point here is to be respectful to those colleagues that are fasting.
- **Do** be aware that office hours will change which will in turn affect traffic patterns. Peak traffic will occur earlier than normal, 7am – 9am and 1pm – 3pm. An additional rush hour occurs at 8pm – midnight.
- **Do** avoid driving close to sunset. It can be hazardous during this time as the roads fill with people rushing to break the fast at Iftar celebrations. Remember many drivers will not have had anything to eat or drink all day so exercise caution.
- **Do** dress conservatively. Avoid going to public places like shopping centers and parks wearing shorts, mini-skirts or sleeveless outfits. This law is applicable all year round, but during Ramadan sensitivities are heightened.
- **Do** make reservations for dinner. Most of the city's shopping malls and public places will become hives of activity after sunset until late at night. This also means that restaurants and hotels will be crowded, so if you plan to eat out book ahead.
- **Do** give to the poor and help the needy. Ramadan is renowned for its charitable nature. You don't have to spend the earth – small gestures go a long way.
- **Do** make the most of the community spirit and sumptuous food to be found in the Iftar tents at the city's hotels. It's a great opportunity to relax, play games and experience some traditional Arabic cuisine and entertainment.



Source: [ExpatriateDubai.com](http://ExpatriateDubai.com)

## IRS Reminds Those with Foreign Assets of U.S. Tax Obligations



The Internal Revenue Service reminds U.S. citizens and resident aliens, including those with dual citizenship who have lived or worked abroad during all or part of 2013, that they may have a U.S. tax liability and a filing requirement in 2014.

The filing deadline is Monday, June 16, 2014, for U.S. citizens and resident aliens living overseas, or serving in the military outside the U.S. on the regular due date of their tax return. Eligible taxpayers get one additional day because the normal June 15 extended due date falls on Sunday this year. To use this automatic two-month extension, taxpayers must attach a statement to their return explaining which of these two situations applies. See [U.S. Citizens and Resident Aliens Abroad](#) for details.

Nonresident aliens who received income from U.S. sources in 2013 also must determine whether they have a U.S. tax obligation. The filing deadline for nonresident aliens can be April 15 or June 16 depending on sources of income. See [Taxation of Nonresident Aliens](#) on IRS.gov.

More information on Tax Obligations is available on the Department of State's website at: [http://travel.state.gov/content/passports/english/abroad/legal-matters/benefits.html#headerandtext\\_5](http://travel.state.gov/content/passports/english/abroad/legal-matters/benefits.html#headerandtext_5).

### Worldwide Caution

On April 10, 2014 the Department of State has issued a Worldwide Caution to update information on the continuing threat of terrorist actions and violence against U.S. citizens and interests throughout the world. U.S. citizens are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security awareness.

To read the full text of the Worldwide Caution, please visit the Department of States' website at: <http://travel.state.gov/content/passports/english/alertswarnings/worldwide-caution.html>.

To receive message from the U.S. Consulate about all travel alerts and warning, please enroll with STEP at <https://step.state.gov/step/>.

### *Frequently Asked About.....*

#### DOCUMENT AUTHENTICATION

The UAE requires that U.S. documents used for UAE residency visas, school enrollment, job applications, etc. have a "U.S. Consulate Stamp" on them. This requires an authentication of the document.

All information on authenticating your U.S. documents is located on our website at:

[http://dubai.usconsulate.gov/documentary\\_services.html](http://dubai.usconsulate.gov/documentary_services.html).

Note that this process is done completely in the U.S., is not quick and easy, and may take at least several weeks, so please plan accordingly.

## MERS in the Arabian Peninsula

The U.S. Department of State wishes to inform any U.S. citizens who may be considering travel to Saudi Arabia for the Hajj (approximately October 13-18) and ongoing Umrah, of Saudi government health recommendations concerning the ongoing outbreak of Middle East Respiratory Syndrome Corona Virus (MERS CoV) in the country.

The Saudi government recommends that pilgrims who have “chronic diseases such as heart, kidney, and respiratory diseases, not to forget diabetes, as well as patients with congenital and acquired immune deficiency, in addition to patients suffering from tumors, and pregnant women and children” postpone plans to participate in the pilgrimage this year.

These recommendations were made by the Saudi government “to maintain the public health and ensure a safe and healthy atmosphere.” The full text of the statement may be found on the Saudi Ministry of Health website. Interested parties should review the [U.S. Centers for Disease Control and Prevention \(CDC\) website](#) for additional information about the MERS CoV outbreak.



**Always be prepared.**




**[www.READY.gov](http://www.READY.gov) and [www.FEMA.gov](http://www.FEMA.gov) have information on preparing for any emergency. Visit both websites to learn what do to before, during and after an emergency.**

## 2014 Hurricane and Typhoon Season

The Department of State alerts U.S. citizens to the upcoming Hurricane and Typhoon Seasons in the Atlantic and Pacific Oceans, the Caribbean, and the Gulf of Mexico. Hurricane Season in the Atlantic begins June 1 and ends November 30. The Typhoon Season will last through the end of 2014, though most tropical cyclones typically develop between May and October. The National Oceanic and Atmospheric Administration (NOAA) recommends that those in hurricane- and typhoon-prone regions begin preparations for the upcoming seasons now. This Travel Alert expires on December 1, 2014.

## Smart Traveler Enrollment Program (STEP)

<https://step.state.gov/step/>



The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country.

STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.

STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate

We strongly encourage U.S. citizens to enroll with the nearest U.S. embassy or consulate through the U.S. Department of State's Smart Traveler Enrollment Program (STEP). By enrolling, you will receive the most recent security and safety updates during your trip. Enrollment also ensures that you can be reached during an emergency. While we will do our utmost to assist you in a crisis, be aware that local authorities bear primary responsibility for the welfare of people living or traveling in their jurisdictions.

To remove yourself from the Smart Traveler Enrollment Program (STEP):

- If you are no longer in Dubai and do not wish to receive these messages, go to <https://step.state.gov> and update your profile with current information.
- You may leave the list at any time by sending "SIGNOFF POST\_DUBAI" in the subject line to [LISTSERV@CALIST.STATE.GOV](mailto:LISTSERV@CALIST.STATE.GOV).

**TSA Pre** 

TSA Pre<sup>®</sup>™ allows select frequent flyers of participating airlines and members of U.S. Customs and Border Protection (CBP) Trusted Traveler programs who are flying on participating airlines, to receive expedited screening benefits. Eligible participants use dedicated screening lanes for screening benefits which include leaving on shoes, light outerwear and belts, as well as leaving laptops and 3-1-1 compliant liquids in carry-on bags.

Learn more about how you can participate and receive expedited screening.



Follow these icons to different links to stay connected with the Department of State!

## STAYING CONNECTED







## Farewell Letters from Dubai Counselor Chief & Dubai American Services Chief



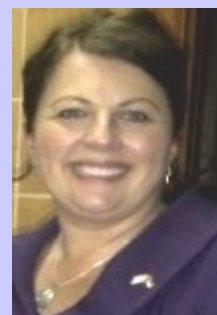
Sadly, it is time for me to say goodbye. After five years in the UAE, I will be departing this summer and head to my next assignment in Warsaw, Poland. It has been my pleasure to work with the ever growing American community in Dubai and the northern emirates. For those of us working at the U.S. Department of State, five years in one country is considered a long time, and although there are quite a few things that I have enjoyed about living in the UAE, I am looking forward to the next adventure. I wish all of you a wonderful and safe summer, and if you ever need assistance in Warsaw, I'll be there!



And speaking of summer, please check your and your family's passports to make sure they will be valid for any summer travel plans you may have. Please remember that some countries require at least 6 month validity, so plan accordingly and make an online appointment to re-new if necessary. Information on passport renewal is available on our website at: <http://dubai.usconsulate.gov/passports.html>.

I am wishing you all a Ramadan Kareem!

Jolanta



Greetings from the U.S. Consulate General,

As my time in the UAE draws to a close and I prepare to depart Dubai at the end of the summer, I wanted to take a moment to join with the Consulate's American Citizen Services chief Jolanta Mikiewicz to bid farewell to our fellow American citizens here. The past three years have been very exciting as the city and the American community within it have grown. New buildings, roads, and even islands have sprouted up since my arrival. With this expansion, more Americans are visiting and moving to Dubai than ever before. In fact, based on the growing number of Consular Reports of Birth Abroad we issue each year, more and more Americans are being born in the UAE every day! It has been a pleasure to be part of this community and to assist where we could, whether renewing a passport, mailing an absentee ballot, or helping during an emergency. Our excellent team of local staff will continue to be available to answer your questions and to share their knowledge with my successor. Please share our newsletter with any new arrivals, encourage them to register with the Consulate, and try to stop by to meet the new team during one of our events for American citizens when the weather cools down a bit. Until then, I wish you a happy and safe summer holiday and all the best during the upcoming Ramadan season.

Until we meet again,

Christopher Machin



## July is Recreation and Parks Month!!



Since 1985, America has celebrated July as the nation's official Recreation and Parks Month. This July we are encouraging you and your community to get up and get active! Everything from workouts and wellness to getting wet at the pool or even wild with nature – you just can't help but have fun this July, all while expressing the many valuable benefits of recreation and parks!

Which park in the U.S. is the most visited?

Hint: Clouds obscure a valley in \_\_\_\_\_, the nation's busiest park. This park draws more than nine million visitors a year, twice the number of any other national park. It's located in Tennessee and North Carolina.

*Answer: The Great Smoky Mountains*



### Fast Facts

1. On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.

2. Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.

3. The Declaration of Independence was actually a letter to King George that had been written on July 2 by Thomas Jefferson. It was a formal explanation of why the Continental Congress voted to declare independence from Great Britain. It was meant to justify a revolt against the British, with a list of charges against the British king.

4. The main problem is that the colonists were angry they were being taxed by the British government, and they had no vote or voice in the decisions that affected them.



### Buffalo Chicken Dip

#### Ingredients:

Makes 4 Cups:

- 8 oz light cream cheese
- 1/2 Cup blue cheese dressing
- 1/2 Cup Frank's hot

sauce

- 2 cooked Chicken breast, shredded
- 1/2 Cup your choice of cheese (blue cheese, mozzarella, cheddar)

1. Preheat the oven to 350 degrees F.
2. In a saucepan over low to medium heat, melt the cream cheese, and stir until smooth. Add blue cheese dressing and Frank's hot sauce.
3. Stir in chicken until well combined.
4. Transfer the mixture to a small casserole dish, pie plate, or cast-iron skillet.
5. Sprinkle with 1/2 cup cheese.
6. Bake until the cheese is melted and bubbly, about 20 minutes. Serve with chips, crackers, or celery sticks.

**Slow Cooker Directions:** Combine the ingredients as directed above. Transfer the mixture to a small slow cooker, sprinkle 1/2 cup cheese on top, and heat on Low until warm and bubbly.

**Gluten-Free Tip:** Make sure to use GF blue cheese dressing.

Nutritional Info (per 2 tablespoon serving) – calories: 49.7, fat: 4.2g, carbs: 0.9g, fiber: 0, protein: 2.2g, PP+ = 1

# SPF 20 or 60..Does It Really Matter?



It's really starting to get hot out there! Excessive exposure to sun can lead to many things—dehydration, heat stroke, skin cancers and even death. Avoidance of the sun is extremely important, but obviously difficult to do all of the time. It is becoming more and more necessary to take the necessary steps to reduce the negative effects of sun exposure including: drinking plenty of fluids throughout the day (aim for 2 liters of water per day), staying indoors during the hours of 12pm-3pm (or taking cool breaks every 20 minutes if you must be outside) and protecting your skin with hats, parasols and sunscreen. While all of these steps are absolutely necessary, this article will focus on the use of sunscreen as an easy way to prevent skin cancer—one of the deadliest effects of excessive sun exposure.

So, the question is: SPF 20 or 60—does it really matter? YES! It would be the under-

statement of the year to say that the sun is rather strong here in the UAE. Already this summer, we have reached highs just short of 110 degrees. We get out of the shower and are immediately wet again from sweating. Our skin glows with hues of pink, tan and brown that resemble the tans we would get if we were sunning in the tropics. So, if our skin is tanning so easily and our systems are so overheated that we are sweating so easily, what is this crucial sun-bathing experience doing *under* our skin?

Sun exposure is the single common denominator amongst all three of the major skin cancers: basal, squamous and melanoma. Sun seems to agitate the delicate balance of regularly occurring skin cells in the layers just beneath the surface, giving rise to dangerous mutations that are the precursors to cancer. Though many skin cancers are highly treatable, they often reoccur, can be cosmetically bothersome and in some cases may lead to other cancers within the body and even to death.

There are many measures we can and should take to protect ourselves from the strong UVA, UVB and UVC rays that we encounter everyday walking

around the NEC. The easiest measures include: limiting sun exposure or outdoor time between the hours of 10 a.m. and 3 p.m., wearing large brim hats, sunglasses and loose fitting cotton clothing, and walking under a parasol or umbrella. Another easy but poorly understood way of giving comprehensive coverage and protection to our fragile skin is through the use of sun block.

With over 100 brands and types on the market, how do we choose? To be honest, brand is not what's important. You can spend 7 bucks on a basic brand that offers as good a protection as the 49 dollar high end brand. What's most important is the SPF number. SPF—Sun Protection Factor—numbers are related to how long it takes skin to burn **WITHOUT** sun block. For example—a sunscreen with an SPF of **10** would protect your skin for **TEN TIMES** as long as it would be protected without the block. So if you typically begin to burn within 20 minutes of sun exposure, a sunscreen with an SPF of 10 will protect your skin for 200 minutes (10 x 20). Likewise, a sunscreen with an SPF of 30 should protect your skin for 600 minutes (30 x 20).

**Follow these easy tips to understand which one to choose and how to apply it.**

- Sunscreens should have an SPF of at least 15
- A good sunscreen should protect against UVA and UVB rays
- It should be applied 20 minutes before going outdoors (to allow for proper penetration)
- Sunscreen should be re-applied EVERY 2 HOURS!!!
- Protect your lips, too, with a chapstick or balm with SPF



**Remember, an ounce of prevention and protection goes a long way.**





# 4th of July

E Q S T R I P E S W L I B E R T Y S  
E A R T N I C K J M N B V C X Z T A  
T R G T Y U I O U P L K J H G F D S  
Q W E L R T Y U L I O N G C D X S B  
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I N D E P E N D E N C E R H J F H B

AMERICA

BLUE

EAGLE

FIREWORKS

FLAG

FOURTH OF JULY

FREEDOM

INDEPENDENCE

JULY

LIBERTY

PARADES

PATRIOTIC

PICNICS

RED

SPARKLERS

STARS

STRIPES

WHITE



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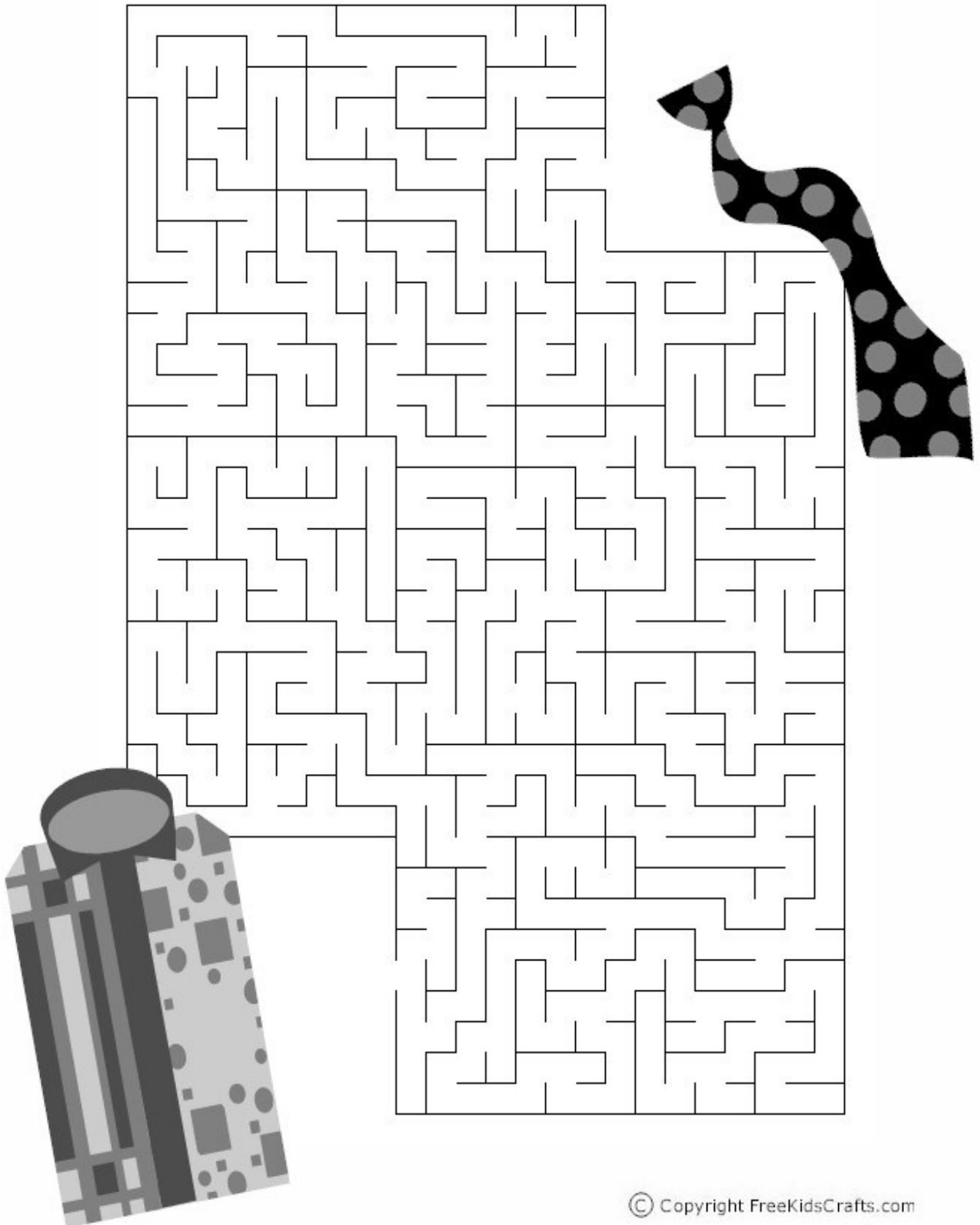
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*Happy Fathers Day!!*

**HELP THE TIE FIND THE SHIRT.**



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### Upcoming Holidays / Consulate Closing

Independence Day	July 3, 2014
Eid Al Fitr	July 29-31, 2014
Labor Day	Aug 31, 2014
Arafat (Haj) Day*	Oct 4, 2014
Eid Al Adha*	Oct 5-6 2014
Columbus Day	Oct 12, 2014
Islamic New Year*	Oct 25, 2014
Veterans Day	Nov 11, 2014
Thanksgiving Day	Nov 27, 2014
National Day	Dec 2, 1014
Christmas Day	Dec 25, 2014

**\*Dates are subject to change**

The U.S. Consulate is closed on these holidays. In addition, the American Citizen Services section is closed on most Mondays. To see which days ACS is open and accepting appointments, please visit our appointment calendar on our website [HERE](#).



### ACS Appointment System

In order to provide the most efficient service to our community, the American Citizen Services Section at the U.S. Consulate General in Dubai has established an appointment system for all routine services. Please book an appointment online at [dubai.usconsulate.gov](http://dubai.usconsulate.gov) under U.S. Citizen Services. When you have made your appointment, a confirmation page will appear on your screen. Please print the confirmation page and bring it with you on the day of your appointment. We do not allow walk-in appointments.

Emergency appointments are provided on an as-needed basis; please send an email to [DubaiACS@state.gov](mailto:DubaiACS@state.gov). We answer our emails daily.

### Contact Us

**Telephone number:** +971 4 309 4000

ACS Public Phone Hours: daily 8:00-10:00

(ask the operator to transfer to x.3103)

**Email:** [DubaiACS@state.gov](mailto:DubaiACS@state.gov)

### **Facebook:**

<http://www.facebook.com/USConsulateGeneralDubai>

**Emergency:** +971-4-309 4000, ask for the Duty Officer.

### Dubai Emergency Numbers

**Police/Ambulance:** 999

**Fire:** 997



The U.S. Consulate General in Dubai is located at the Corner of Sheikh Khalifa Bin Zayed Road and Al Seef Road, Bur Dubai, Dubai, UAE